THE

Journal of Home Economics

VOL. IX JUNE, 1917 No. 6

THE MOTHER-DAUGHTER HOME CANNING CLUB[1]

O. H. BENSON

United States Department of Agriculture, Washington, D. C.

Every social as well as every economic organization must have a definite reason or motive for its existence. The Mother-Daughter Home Canning Club, in order to be understood, must be studied with a realization of the full meaning of the word home, and its relation to the members of the family, their social, educational, physical, and economic efficiency, and its relation to the community as a unit of society, to the state, and to the nation. In other words, to outline properly a Mother-Daughter club project, the leader must have a definite appreciation of what a democracy means, and the place of the home in its complete interpretation.

The Mother-Daughter Club is especially planned to bring about a closer fellowship for the home work, in both social and economic activities, affecting both adult and the young daughter. The mother needs the fellowship and viewpoint of the young girl in order that she may be in touch with the educational progress of the day; with the social changes characterized by the interests and activities of the girl as she comes fresh from classroom laboratory, and the instructor of the modern school; and with the influence of the local community. The mother needs the youth, optimism, and dream life of the girl in order that she too may remain young a great deal longer.

The daughter, in turn, needs the reinforcement as well as the association of the mother or experienced adult woman in order that she may

[1] Part of an address given before the National Vocational Education Association, Chicago, January, 1917.

secure from her a better balance and poise of character and thought for her young life. She needs the judgment, the decision, the benefit of years of study, experience, observations, in order to save her from making the mistakes and perhaps experiencing much of the defeat and grind which has haunted the life of the adult mother.

The club project assumes that the social group must have for its motive something definitely and immediately helpful to the home and to the farm; consequently the home canning club has been undertaken, as this not only affects the bank account, the yields per acre, the net profits to the farm, but also insures a better balanced ration, and consequently, a better fed and more efficient membership of the home and community.

The supply of food, its proper care, preparation, and serving is a practical and effectual beginning of housekeeping and homemaking—a splendid introduction to the social, educational, and domestic development of the American girl, through which comes to her the realization of a well ordered home. It is the best home interest project available because it enters the home by way of the back yard and the kitchen, and gains entrance to the home work-shop, where truth is lived and told. Through this medium, home canning, the leader is able to perform a real service to the mother, the daughter, and the home by coming, unannounced, via the economic motive, into the very life and thought of the entire family.

The club meetings should be attended by an equal number of mothers and daughters. One-half of the officers of the club group should be adult women, and one-half daughters. The literary program, demonstrations, illustrations, musical work, should represent equally the women and girls and so be a truly coöperative enterprise.

From this club group it will be easy to maintain a fair apportionment of work in the home activities such as in the home canning. In many communities adult women who are not mothers, and who may be without the opportunity of association with young girls, may become members of the club, providing they find some girl in the community who needs to be mothered for a season through this kind of a club project. In turn, orphan girls and others may become members if they will find an unmarried woman, or some mother who has been left alone and without a daughter, and will take this adult women and agree to daughter her through the club work for at least a year.

The club program should be conducted, in so far as possible, at a time, preferably afternoons, when most convenient for both mothers and daughters to attend. The program may profitably be divided into three parts, consisting of not less than an hour and a half.

First there may be a business meeting, in which both women and girls may be given some parliamentary drill. The second part may be a special program, in which at least one subject should be in connection with the home canning work, dealing with methods, devices, directions, and products, their preparation, marketing, or use. In addition to the home canning subject, other subjects related to the household interests, such as the care and feeding of the baby, water supply, the convenient arrangement of the kitchen, the heating and lighting of the home, ventilating bedrooms and living rooms, clothing for the summer, clothing for the school girl, study of fabrics, the relation of the home to the school, how women may best help their husbands to earn and save money, how to secure labor saving devices for the home, and other interesting subjects of a similar character may be given.

It is suggested that at least two meetings be held each month and that, in addition to these club meetings, the canning season be organized with a view to having coöperative canning parties in which a convenient number of mothers and daughters will meet in a given home to conduct or do their home canning work in well organized coöperative groups. If the club is too large to do all of its work at one place with one single canning outfit, it will be possible to organize the club into smaller canning groups, each group to own its canning equipment in a coöperative way, with a view to both economy and efficiency in the work.

It is suggested that, after this Mother-Daughter Canning Club has spent one year on the home canning project, it will be ready in the second year for an increase of definite home project work. The plan contemplates a course of four years through which the canning work is carried. During the second year definite cooking lessons are to be given in connection with the canning; for the third year, a series of lessons and directions on canning, cooking, and sewing; and during the fourth year, the work is to be so shaped as to cover four definite home interest subjects—namely, the home canning, cooking of food, sewing, and care and arrangement of the kitchen. Perhaps through the entire four years a system of cost accounting or records should be kept, so that all members of the project teams may have a very definite appreciation of the business management of the home and its interests.

Those eligible to membership are: girls from 10 to 18 years, inclusive; mothers and adult women, regardless of age, who are interested in girls and home canning.

The project. The club project is to be confined chiefly to the canning of fruits and vegetables during the summer months, while soups and meats will be taken up for the winter season, and these subjects will be discussed, illustrated, and demonstrated on every program of the club during the year. The food products to be canned should be raised in so far as possible by club members or they may be purchased at the market, gathered wild, or canned "on shares."

The program. The program for the Mother-Daughter Home Canning Club should be definitely outlined by the state leader, with specific suggestions on how to conduct the business session and how to outline and make up a subject-matter program. A circular containing suggestions to the social committee for the social part of the meeting may be furnished. The following outline of programs will be found suggestive to leaders and program committees:

PROGRAM FOR FIRST MEETING

Roll call, answered by giving report of number of jars canned at home.
Business meeting, twenty minutes.
Special program.
Report of members as to progress in work.
Discussions by members on:
    Methods in canning.
    How to make an inexpensive homemade canner.
    Best fruits and vegetables for the diet.
Demonstration by Mother-Daughter team on how to can strawberries.
Social program. This should be furnished by the social committee, and should provide for a free and informal discussion on community interests, school problems, current events, and perhaps the playing of a few games in which both mothers and daughters may participate with interest. This program should offer some versatility in order to keep up interest on the part of both mothers and daughters.

PROGRAM FOR SECOND MEETING

Roll call, answered by giving a favorite recipe.
Business meeting, twenty minutes.

Demonstration program—demonstration by Mother-Daughter teams on
How to can soft fruits.
How to make a homemade canner.
How to can dandelion greens.
How to prepare and serve vegetable greens.

Social program. In connection with the social program the suggestions given above for the first program may be followed. It may be desired also to have a few numbers of music. A few stories, nursery rhymes, and demonstrating the telling of stories to little children will be valuable as part of the social program and will also be desirable for training the mothers and daughters for their home responsibilities.

In a similar way programs may be outlined for every month, every two weeks, or every week, as necessary, covering the entire calendar year of twelve months. Play festivals, socials, fairs and festivals, educational excursions to visit gardens, orchards, home kitchens in the neighborhood, should be planned in connection with these programs. The boys and fathers should be invited to a number of meetings during the year and should be given a chance to become interested in the entire year's program of the Mother-Daughter Club. The club may sometime during the year give a banquet to the husbands, fathers, and friends.

Instructions for the club work. The state leader in charge of boys' and girls' club work and extension workers in home economics should be consulted and their coöperation secured. They should be asked to furnish programs, outlines, and follow-up instructions. In addition to this, the United States Department of Agriculture should be asked for their Mother-Daughter home-canning instructions, NR series.

Prizes and awards. It is understood that the entire club will work to win honor and reputation for the community in which they live, and that, in addition to this, the Mother-Daughter team will constitute the unit upon which the standards of achievement are to be measured. At the club festivals, county, district, and state fairs, it is suggested that prizes be given with a view to the exhibits from the mother-daughter combination. If a prize is given for an exhibit of canned goods, this prize is to be won by the mother and daughter together, and to be owned by them coöperatively.

BASIS OF AWARD:

1. Quality of variety of canned products	20 per cent
2. Quantity of canned products	20
3. Appearance of canned products	20
4. Profit on investment	20
5. Records or stories of home canning work	20
Total score	100 per cent

The basis of award is suggested, not only to guide the judges or referees in the awarding of honors in local, district, and state club festivals and fairs, but for the awarding of prizes, and premiums, and more especially for the basis upon which school credit may be given for the canning work as a home project in connection with the requirements and studies in home economics for the public schools.

It is suggested that at the close of the canning season the daughters, working in coöperation with the mothers, take up a study of some additional but definite problem in regard to the development and working efficiency of the home.

FOR EVERY HOUSEHOLD

This is the time for America to correct her unpardonable fault of wastefulness and extravagance. Let every man and every woman assume the duty of careful provident use and expenditure as a public duty, as a dictate of patriotism which no one can now expect ever to be excused or forgiven for ignoring.—WOODROW WILSON.

SOME PRACTICAL SUGGESTIONS FROM THE AMERICAN CHEMICAL SOCIETY

LOUISE STANLEY

University of Missouri

At the meeting of the American Chemical Society in Kansas City, April 10 to 13, there was much of interest to the women in home economics. Much emphasis was laid in the general meetings on the chemist's part in the war program. Our chief part comes in where chemistry touches the food problem. The women were urged to buy no platinum jewelry and to discourage its use so as to leave all the platinum in this country available for use in chemical research.[1]

The section meetings of Biological Chemistry and of Food and Agricultural Chemistry were of greatest interest to us. Only those of most direct interest to home econonics will be reviewed. In the latter section a most interesting paper was given by Miss Elizabeth C. Sprague on the practical uses of alfalfa flour.[2] When the alfalfa leaves are ground they yield a fine green powder. When this was added untreated to the bread even in so small a proportion as one part in ten it gave a green color and a rank taste to the loaf. Miss Sprague found, however, that by extraction with 95 per cent alcohol it was possible to remove the color and the rank flavor from the flour. The extracted flour could be added to the loaf in the proportion of one part to ten parts of the ordinary white flour without imparting a disagreeable flavor to the bread. The advantage of the addition of the alfalfa product was its very high protein and mineral content. The ash is especially rich in calcium and potassium, and, though no calculations have been made, it would indicate high potential alkalinity. The extracted flour has not been put on the market, though one firm has considered doing so. This offers a possible development of war bread.

Miss Sprague suggested as a possible value in this connection the addition of a food containing an alkaline ash to the soldier's dietary so largely composed of foods yielding an acid ash.

[1] Since this report was written, the Jewelers' Vigilance Committee, in conference with the Secretary of Commerce, have adopted resolutions to recommend that all jewelers of the United States discourage the use of platinum in all bulky pieces of jewelry and in all nonessential parts of jewelry.

[2] Elizabeth C. Sprague. The Practical Use of Alfalfa Flour.

Interesting in this connection was a paper given in the Biological Section by Professor Grindley[3] of Illinois on the changes in the composition of the alfalfa plant at the different stages up to maturity. He showed wide variation in the composition of this plant at the different stages of growth. The young plants were relatively high in protein and ash and low in crude fibre. The percentage of crude fibre increased with the age of the plant.

The effect of the intake of foods yielding an acid ash on the growth of swine was the subject of a research reported from the Iowa Station by Lamb and Evvard.[4] They experimented upon twelve animals divided into four groups of three each. One group was used as a control, while the other groups received definite amounts of acetic, lactic and sulphuric acids, respectively. The amounts of acid used were little more than would have been derived from an exclusive diet of egg yolk. All the groups were given the same amount of other feeds, the amount being controlled by the appetite of the lowest eating group. All four groups grew normally, the weight curves following each other closely. The sulphuric acid lot had the least appetite during the whole of the experiment. During the last twenty days the animals in each group were allowed to eat all they would, and during this time the sulphuric acid lot did not gain so much in weight as the other lots, due to the smaller amount of food taken. Some samples of morning urines were taken for analysis. The ammonia content was found to be greatest on the sulphuric acid diet, with 21.5, 21.7, 22.7 per cent, least with the acetic acid (7.9 per cent), with lactic acid coming slightly above the acetic acid with an ammonia content of 9 per cent. The amount of ammonia found in the urines of the sulphuric acid lot was about equivalent to the amount of sulphuric acid fed. The reaction of the blood was found to be approximately the same in all cases. They conclude that swine are able to grow normally on foods that are decidedly acid. The investigation is to be continued for a longer time to test any possible effect on reproductive power and with a more detailed metabolic study.

There were a number of investigations reported on the different phases of the fat question. There were three reports upon the character

[3] H. S. Grindley and H. C. Eckstein. Variations in the Chemical Composition of Alfalfa at Different Stages of Growth.

[4] A. R. Lamb and John M. Evvard. The Effect of the Ingestion of Certain Organic and Mineral Acids upon Growing Swine on a Normal Level of Protein Intake.

of the fat from somewhat unusual sources. Bailey and Burnett[5] sent in a report on the oil of the avocado. Though this fruit is not grown at the present time in sufficient quantity to supply the demand for the fresh fruit, its growth is being extended so rapidly that it seems possible that at some future time the oil from it may become an important side or by product from this industry.

The oil from the Stilingia Sebefera,[6] a seed imported from China and grown in fairly large quantities in South Carolina was investigated on account of its reported toxicity. The investigators were unable to detect any toxic character in the fat which they extracted.

In another paper the same authors gave the constants for the fat extracted from the seed of the tomatoes.[7] This oil is extracted in profitable amounts in Italy. In this country the season is so short that the extraction has not been considered commercially profitable.

Biesterfield and Everson[8] outlined a method for the estimation of fat in condensed milks and dried milks, in which the samples were treated with acetic acid and then to an extraction with mixed solvent, ether and petroleum ether. The fat entered into some combination from which it seemed to be released by the action of the acetic acid. The mixed solvent seemed more efficacious in the removal of the fat than ether alone; also it was recovered better.

A fairly simple method of demonstrating the hydrogenation of fat was outlined by Bailey and Burnett.[9] They used finely divided nickel which was freshly precipitated and reduced in a stream of hydrogen. The whole method was simple and could easily be used as a laboratory demonstration or experiment in a course in foods. No attempt will be made to report the details of the method since only the abstract was read and one or two of the points seemed to need checking up.

Bailey[10] also sent on the description of an apparatus for the determination of the melting point of fats which was heated by the resistance offered to the passage of an electric current through sulphuric acid.

[5] H. S. Bailey and L. B. Burnett. Oil from the Avocado. Preliminary report.

[6] H. S. Bailey and L. B. Burnett. Oil from Stilingia Sebefera.

[7] H. S. Bailey and L. B. Burnett. Physical and Chemical Constants of some American Tomato Seed Oils.

[8] C. H. Biesterfield and O. L. Everson. A Study of the Estimation of Fat in Condensed Milk and in Milk Powder.

[9] H. S. Bailey and L. B. Burnett. A Laboratory Method for the Hydrogenation of Oils.

[10] H. S. Bailey. An Electrically Heated Melting Point Apparatus.

The range of temperatures to which the solution was heated could be regulated by the distance the ends of the electrodes were separated.

Less work was reported on the carbohydrates than on fats. Thomas[11] reported an accelerating effect of bromides upon the action of malt diastase. Zentmire and Fowler[12] showed that the utilization of the carbohydrate was equally good on a high and a low carbohydrate diet. The high carbohydrate diet was practically protein free. In spite of the unpalatability of the diet the utilization was good. Well-cooked cereal starches are evidently completely utilized, the utilization of the total carbohydrate in the diet averaging about 99 per cent. The quantity of the cereal given did not affect the utilization. Assuming the complete utilization of the lactose and sucrose, we still have 97 to 98 per cent of the starch utilized.

In the division of Agricultural and Food Chemistry, Long[13] made a preliminary report upon a volumetric method for the determination of starch. In it the starch is precipitated as starch iodide by the addition of a known amount of $\frac{N}{50}$ iodine solution. After filtration the excess of iodine was determined in an aliquot of the filtrate by titration with an $\frac{N}{50}$ potassium iodide solution using starch as an indicator. The method is especially valuable in the determination of starch in mixtures containing also large amounts of sugar, as marmalades, jellies, and candies.

In the field of digestion Long and Hull[14] reported upon the optimum activity for the tryptic enzyme, In opposition to the usual statements to the contrary, they find the reaction most favorable to the activity of this enzyme frequently on the acid side. The optimum point varies with the different proteins for the two proteins studied. The optimum reaction for casein was more acid than the reaction for fibrin. The study is being extended to other proteins.

Long and Fenger[15] report that during digestion the intestinal content yields an acid reaction. In the intervals between digestion the reaction approaches an alkaline reaction. A study of the gases in the small intestine indicated the presence of a mixture closely resem-

[11] A. W. Thomas. A Noteworthy Effect of Bromides upon the Action of Malt Amylase.

[12] Zelma Zentmire and C. C. Fowler. Studies of Food Utilization. No. 1. The Utilization of Carbohydrates on a Relatively High and Low Cereal Diet.

[13] W. S. Long. A Method for the Determination of Starch.

[14] J. H. Long and Mary Hull. On the Optimum Reaction for Tryptic Proteolysis.

[15] J. H. Long and F. Fenger. On the Normal Reaction of the Intestinal Tract.

bling the composition of air. During digestion the carbon dioxide was markedly increased at the expense of the oxygen. No hydrogen or marsh gas was detected.

Fowler[16] reported some finding on the study of gastric residuums. This particular study was undertaken to see whether or not there was any relation between the acidity of the gastric content and the total phosphorus content, in order to throw light on the possible formation of gastric HCl from the interaction of di-calcium phosphate with calcium chloride. The stomach contents of a number of normal men and women were removed by means of the Refuss tube for examination. He found that there was no relation between the acidity, either free or total, and the phosphorus content. The total phosphorus content was fairly constant and was higher in women than in men. This seems to be in accordance with the higher proportion of phosphorus in the blood of women that in the blood of men.

Moulton[17] reported that in a series of experiments upon beef animals upon an alfalfa-grain diet, 53 per cent of the energy of the food consumed above maintenance was recovered in the tissue gained. This Moulton takes to be a measure of the availability of the ration used. Making similar calculations for some experiments by Armsby, he finds the ration to be 55 per cent available. These figures show a remarkably close agreement and closely verify the results obtained by Armsby in the work in the calorimeter.

Green[18] reported some work on the changes in composition of the salmon muscle. The salmon during the breeding season leave the salt water swimming up stream in fresh water. During this time they take no food but the energy used in swimming as well as the large development in the reproductive organ must be at the expense of the body tissue. From a comparison of analyses made at the mouth of the river and those made higher up, Dr. Green finds that the muscle protein may be decreased as much as 30 per cent. This according to Green suggests the possibility of storing protein to this extent. In other words, the salmon at any rate may hold as much as one-third of its muscle protein as stored energy or as protein available for growth in other portions of the body.

[16] C. C. Fowler. Studies of the Gastric Residuum. No. III. The Relation of Total Phosphorus to Acidity.

[17] C. R. Moulton. Availability of the Energy of Food for Growth.

[18] C. W. Green. Changes in Composition of Salmon Muscle during Breeding Season.

A HOME WITH AN INCOME[1]

ANNETTE HARVEY

Supervisor Home Economics, Huntingdon, West Virginia

A year ago I was confronted with the problem of providing a home for mother and myself. After full consideration, I decided to rent an apartment rather than a house. The house work is easier when all the rooms are on one floor; and then, too, whenever I had to be away, I was assured of better protection for mother in a second floor apartment than if she were left alone in a house.

A thorough apartment hunt brought me face to face with the fact that no sum under $540 a year would provide a cozy home of this variety in our particular little city where rents are high.

Five hundred and forty dollars every twelve months and nothing to have or to hold at the end of that time appeared appallingly unfair to me. I was earning my money by teaching. I realized its value, and paying rent was not an agreeable way of using my salary as I saw the situation. I wanted something to represent the money I earned.

It was brought to my attention about this time that the landlords owning the apartments I had looked over were making from 10 to 15 per cent upon their investments in these buildings. Six per cent I found was a fair amount of interest to pay upon borrowed money. With a suddenly acquired Hetty Green attitude of mind, I wondered if I might not put my money into such an investment as these landlords held, instead of paying rent to them.

The idea was monumental. It would be my first plunge into business, and the thought staggered me at first. Yet it grew with a steadiness of purpose probably helped by the possession of a lot, which I had proudly purchased some time before with my first earnings.

At the time of buying this lot I had no idea of building. It was merely an investment into which I put my savings. The property was situated in a part of the town where real estate values were rapidly increasing and wiser heads than mine considered the investment a good one. How pleased then I became with the full realization that I had paved the way to the actual possession of a home by putting my extra salary each month into this narrow strip of land instead of spending it as it was paid to me in the way many of my fellow teachers did.

[1] A brief extract from this paper was published in the *American Magazine*, January, 1917.

On my lot I decided to erect a building containing two homes; one a home for mother and me in the second story, and another for a second little family below, under the same roof, sharing an equal sense of protection, which the presence of each would give to the other, but separated by sound-proof floors and well built walls. This plan appealed to me as sound in purpose.

I intended that my homes should contain rooms that would not have to be labeled; that they should be planned with individuality enough to express their special functions. I planned light, cheery living rooms, large enough for big comfortable furniture, uncrowded together; dining rooms containing easy spaciousness for all requirements; kitchens lighted with many windows and sinks built the exact height to prevent tired backs; bed rooms situated where sunshine could play into the windows, and spaces planned for beds, roomy dressers and chests. The bath rooms must have by all means the new skirt tubs, models fitted close to the floor; and porches must be big and broad enough to provide space for many uses on summer days and nights. Most of all I wanted my homes to be plain. Plain doors, plain woodwork, with every dust-catching intricacy eliminated as far as possible, would dispel many house keeping worries and make the apartments easier to keep in cleanliness and order.

Could all these desires be carried out with very little ready money, I wondered, almost fearful of speaking of my intentions. Then too, my lot only 40 feet wide and 140 feet deep—was this large enough for a building such as I contemplated?

I wanted each room to be bright and airy, visited by the sun, if possible. I wanted plenty of windows to allow for cross currents of air. I wanted fire places, too, not only to aid ventilation, but to give my apartments the very real sense and hominess that only burning embers can provide.

Could I? Was it possible for me to have all of these wishes for $5000. It seemed that I would have to own a wishing-ring to gain so much. But venture and finding out, are almost as good as wishing-rings, so I proceeded to put all of my ideas down on paper before I went forth to talk with architects and builders. I realized I must be definite when I talked to them of my plans. I made my original floor plans on a piece of graph paper, allowing the side of each little square to represent one foot.

First of all I marked off the size of my lot and within that boundary line drew the outside dimensions of the house, 30 feet wide and 50 feet long. I planned the front wall 25 feet back from the sidewalk (the required building line); inside the west boundary line I allowed 3 feet, which left 7 feet remaining on the east side of the building. On this side I planned the bed rooms. It became necessary for me to add 8 feet more to the length of the building before I was satisfied with the results.

The first floor plans consisted of a front porch, vestibule, reception hall, living room, dining room, butler's pantry, kitchen, kitchen pantry, two bed rooms, hall bath room, back porch, and four ample closets, dear to the housewife's heart. The up-stairs apartment, the one I planned for my home, was a duplicate of the first floor plan with the exception of a smaller reception hall, giving space for a study over the vestibule down stairs. The plans also contained a back stairway to an attic, to be used by the occupants of both apartments. An attic in our region proves best for storage purposes, a place where we need not fear dampness or mildew, so often encountered in our basements. Under the rear stairway at the bottom was a closet, separate from both apartments, where garden implements, and gas and electric meters could be stored. This I saw obviated the necessity of gardeners and gas and electric men entering the house on their frequent visitations.

With my roughly made plans I sought a contractor who assured me that my ideas were practical for building purposes, and after giving him further details of the material and finish I desired to use, I asked him for a building estimate on a house of that description. His almost discouraging estimate was more than $5000, the sum I could afford to borrow and repay with interest in a reasonable time on the salary I commanded.

My building would not have become a reality had I not accepted the advice of a friend at this period. Acting upon his counsel I interviewed an architect, who finally put my plans into concrete order, with the proper specifications, and offered them to several contractors,—and then I waited anxiously for the bids to come in. The competition brought in various sums, differing over $1000, the lowest being $4800. This estimate, $200 less than my limit, paid not only the architect's fee but also for the walks about the house.

In the meantime I had been probing into ways and means for financing this dream house of mine. Another surprise stalked in my way.

Money I soon learned is a very irregular measure of value. One man's or one firm's money was held out to me on higher terms than his next door neighbor's. Quite naturally, these men directed many technical terms of the financial and real estate world at my head, to further bewilder my debut into the building field. After sifting out all the difficult and questionable problems, I decided that a home purchase plan, as directed by one of the big reputable insurance associations, was the one to use if I made sure of no blunders in my venture. This plan necessitated two requirements; first, an insurance policy on my life, and second the house completed before the company made their loan of money.

I submitted myself to their physical examination and as soon as I had passed the requirements, I completed arrangements with the contractor who had made the lowest bid, to start building my apartments, or Duplex House, as it was called.

My contract with this man stated that the house was to be paid for in three payments: $250 when the brick walls were up; $1000 when the roof was on; and thirty days after the house was completed the remaining amount in full. This allowed time for me to secure the company's loan to make the final payment.

So quickly had my plans developed there had not been time to save from my salary a sum sufficient to make the second payment at the time it was due. It was necessary for me to borrow the money. I secured this amount at 6 per cent interest from the bank where I kept my savings.

During the time of building, my credentials had been accepted by the insurance company, proving that I was a member of reputable standing in the community in which I lived and that my income was sufficient to meet the required monthly payments agreed upon.

When the building was completed an appraisement was made of the property by a representative of the insurance company and immediately I was loaned $4000, or one-half the appraised value of my entire holding. Out of this $4000 I settled with my contractor and paid all outstanding charges connected with making the loan, as fees for appraisal, title examination, survey, drawings, recording mortgage, and photograph of the house, amounting in all to $50.

In return for this $4000 loan, I have since paid the insurance company $53.08 a month and I am obligated to continue this payment for ten years. At first thought "ten years" sounded a very long time,

in my ears, for the absolute ownership in a home to mature. Now I realize that ten years will quickly slip by, judging from the rapid flight of the past twelve months and at the end of that time I have amassed a comfortable little nest, and an egg of an income. I have not been paying my money for years into the sieve of rentals.

The sum $53.08 a month can be spared from my salary without discomfort to me. From this amount the rate of insurance on my life (which is rated according to age), 6 per cent interest on the money loaned, and a part of the principal is paid. In ten years I will have paid the insurance company what they have loaned me plus $2369.60. From this amount the company deducts a yearly dividend, amounting to about $15 which automatically applies upon my policy and at the end of ten years I can continue my insurance for less than $9 a month.

One of the attractive features of this loan is that I am enjoying my own life insurance in the possession of my home, for that is what the $4000 represents. If I should die during my indebtedness to the insurance company my mortgage will be cancelled and all the money I have paid on the $4000, minus 6 per cent interest, will be returned to my heirs. If I had rented an apartment of similar type for my home, I would in the period of ten years have paid a landlord $5400—at the end of ten years I would possess nothing.

While it is true $53.08 is in excess of the sum I would pay for rent, this amount is not entirely out of my pocket since I receive $35 a month from the tenants living in my first floor apartment. This reduces the rent of my own apartment to $18.08 a month, plus taxes and the interest on the thousand dollars I owe my bank and I am gradually diminishing this loan.

I have no difficulty in renting my apartment since its attractive features make an appeal not only to housewives but also to the man of the house. Men looking at the apartment say the living room and yard are all they need to see, and the simple plain wood work, which will not demand constant care, the huge closet space, unusual in apartments, make each housewife feel she has found a treasure.

There was once a time when I felt sorry for people with a *mortgage*, but now I glory in mine. I wish all my fellow teachers and salaried women could know the happiness and comfort obtainable through *A Home with an Income.*

AN APPEAL TO WOMEN

FROM THE SECRETARY OF AGRICULTURE

To the Women of the United States:

Every woman can render important service to the Nation in its present emergency. She need not leave her home or abandon her home duties to help the armed forces. She can help to feed and clothe our armies and help to supply food to those beyond the seas by practicing effective thrift in her own household.

Every ounce of food the housewife saves from being wasted in her home—all food which she or her children produce in the garden and can or preserve—every garment which care and skillful repair make it unnecessary to replace—all lessen that household's draft on the already insufficient world supplies.

To save food the housewife must learn to plan economical and properly balanced meals which, while nourishing each member of the family properly, do not encourage overeating or offer excessive and wasteful variety. It is her duty to use all effective methods to protect food from spoilage by heat, dirt, mice, or insects. She must acquire the culinary ability to utilize every bit of edible food that comes into her home. She must learn to use such foods as vegetables, beans, peas, and milk products as partial substitutes for meat. She must make it her business to see that nothing nutritious is thrown away or allowed to be wasted.

Waste in any individual household may seem to be insignificant, but if only a single ounce of edible food, on the average, is allowed to spoil or be thrown away in each of our 20,000,000 homes, over 1,300,000 pounds of material would be wasted each day. It takes the fruit of many acres and the work of many people to raise, prepare, and distribute 464,000,000 pounds of food a year. Every ounce of food thrown away, therefore, tends also to waste the labor of an army of busy citizens.

Clothing is largely an agricultural product and represents the results of labor on the sheep ranges, in cotton fields, and in mills and factories. Whenever a useful garment is needlessly discarded material needed to keep some one warm or dry may be consumed merely to gratify a passing fancy. Women would do well to look upon clothing at this time more particularly from the utilitarian point of view.

Leather, too, is scarce and the proper shoeing of armies calls for great supplies of this material. There are only so many pairs of shoes in each hide, and there is a shortage of animals for leather as well as for meat. Anything that can be done to encourage adults or children to take care of their shoes and make them last longer means that so much more leather is made available for other purposes.

Employed women, especially those engaged in the manufacture of food or clothing, also directly serve their country and should put into their tasks the enthusiasm and energy the importance of their product warrants.

While all honor is due to the women who leave their homes to nurse and care for those wounded in battle, no woman should feel that, because she does not wear a nurse's uniform, she is absolved from patriotic service. The home women of the country, if they will give their minds fully to this vital subject of food conservation and train themselves in household thrift, can make of the housewife's apron a uniform of national significance.

Demonstrate thrift in your homes and encourage thrift among your neighbors.

Make saving rather than spending your social standard.

Make economy fashionable lest it become obligatory.

THE EMERGENCY COMMITTEE OF THE AMERICAN HOME ECONOMICS ASSOCIATION

The following letter has been sent to members of the Emergency Committee:

The Council has appointed this Committee to act during the war as an advisory body. Home economics has come into its own, if it only has the vision to see its opportunity and the ability to profit by it. For a generation those working in the home economics field have been trying to rouse the country to a sense of the importance of its field. Now the whole world is calling for help in the very essentials of our work—the proper storage and use of food, the elimination of waste of every kind, the choice and conservation of clothing, the sanitary conditions of daily living and, far above them all in importance, the realization by women of their responsibility for the health and happiness of American homes.

The call finds us prepared with knowledge and the desire to help. But the great majority of us have professional work that fills our days to the overflowing. It is not possible for us to serve on the thousand committees of home economics that are springing up in every organization of women. It therefore seemed wise for us to form this national committee to act as *advisers* to those who need help. We must further form local committees as need arises and workers are available.

The work of this Committee must be conducted by correspondence and every member can help by sending in suggestions. Here are some points for immediate consideration.

Office. The New York City Section of the Emergency Committee is financing an office at 19 West 44 Street, and generously offers the National Committee this office as an address and a limited amount of clerical work. If the work grows, some fund for clerical service, postage, and printing will be necessary. As soon as we have had experience enough to know what sum will be needed, I will take further steps in the matter.

The office in New York will refer inquirers in different parts of the country to the nearest member of the Committee, or to the local committee where there is one.

Local committees. It is most important to form these wherever possible and to publish the names in the local press. Please remember the following points:

1. The formation of any local committee must be authorized by some member of the national committee, but she can appoint some other person chairman, if it seems best.

2. The organization of each local committee must be reported *at once* to 19 West 44 Street, with the names of the committee and address of chairman.

National League for Women's Service. This organization has asked our coöperation as an advisory body, and we have promised it. The chairmen of our local committees should get in touch as soon as possible with the local chairmen of the N. L. W. S.

Food conservation. Your chairman is in correspondence with Dr. Langworthy and Miss Van Rensselaer about the issue of a pamphlet giving titles of available pamphlets on canning and preserving and adding directions as to drying fruits and vegetables. It is imperative to have something in print on this subject soon. In the meantime, will all members of the committee please give the widest publicity to the following points:

1. The housekeeper should form the habit of preserving even small quantities of fruit and vegetables that might otherwise spoil by overripening or decay. She must be prepared to do this work daily if necessary.

2. Fruits and vegetables that can be preserved by drying should be dried, in order to save containers.

3. Jelly should not be made, but the fruit juice bottled. This gives a use for narrow-necked bottles, and the juice can be used later for jelly or other purposes.

4. All containers of any kind should be collected. If it is possible for you to collect such from city people who would not use them, ask your state department of agriculture if they will gather and distribute.

5. Have a lot of typewritten slips made with the following information, and distribute where needed. Send to your local press.

Free from United States Department of Agriculture, Washington, D. C. Farmers Bulletin 203, Canned fruits, preserves, jellies. Farmers Bulletin 359, Canning vegetables in the home.

6. Send me *at once* any recipes you have for preserving fruit and vegetables by any other method than canning.

7. Send me *at once* suggestions as to what we can do to be useful.

I am writing today to Secretary Houston and Mr. Hoover, offering the services of this committee in any way possible.

Very truly yours,

ISABEL ELY LORD,
Chairman.

May 4, 1917.

SOME GOVERNMENT HELPS

Are you using the Food Thrift Series issued by the Department of Agriculture, and the Home Economics Letters of the Bureau of Education?

We should today avail ourselves of every bit of work that already has been done that we may use it, add to it, and pass it on.

FOR THE HOMEMAKER

THE HIGH COST OF LIVING. I

MARY HINMAN ABEL

"How shall we meet the advance in the high cost of living when there is no advance in our incomes" is a question heard again and again. It comes with most insistence and most reason from those who are living on small salaries, such as ministers, teachers, and clerks. "The laborer can live as cheaply as he must, the farmer can reduce his personal expenditure to equal his income, but the salaried worker must live up to certain conventions of dress and surroundings at peril of forfeiting the chance to earn a living." It is this class that have had the hardest time in the belligerent countries. The laborer in all countries has had plenty of work at high wages, but the low salaried man has had to meet rising prices without any added income. Even the laborer's wage has not kept pace with the phenomenal increase in prices during the last few months.

The causes of this increased cost are many and we have all learned by this time that the wise ones do not agree as to the proportion of blame to be laid on each factor.

If the money standard has changed on account of a gold surplus, the price of all commodities, including the services we give in exchange for our wages and salaries, must in time rise also, but the rise in incomes will be slow except in the case of the poor whose very existence depends on the pay envelope. Meanwhile what?

There are causes which the individual has little power to change. There are others that come somewhat within his power. Let us confine our inquiry to food, since that is the pressing question, although we know that rents must advance, because all that goes into the building of a house has increased in price, and clothing is sure to feel the advance in material and labor.

The causes of rise in food prices over which the individual has no power are:

1. Decrease in supply, by reason of poor harvests, or because there are fewer animals to be slaughtered for food, or because of exportation to foreign countries.

2. Increase in the first price of food because of higher wages paid to farm laborers.

The causes which may be said to be directly, or by combination, under our control are most of them not new. They have been in operation for years and only because of extraordinary conditions have they now come into the limelight. They are:

1. The extremely wasteful methods of distribution of food, beginning with the apparent inability of farmers to work together by any co-operative plan, as farmers in Europe have learned to do, so that conditions of the market would always be known to them, and waste avoided by not sending food products to a market already glutted. These wasteful methods are also seen in the lack, in our large cities, of terminal facilities, with cold storage cellars, near the public markets, thus making necessary many costly reloadings with consequent deterioration in food quality; also in the too large number of middlemen through whose hands the produce must go, each taking his toll for service. Philadelphia pays $225,000,000 for its food annually; of this sum $75,000,000 goes to transportation and middlemen.

2. The inefficient inspection of weights and measures in our stores and markets is also a tax on the purse of the buyer.

3. Still nearer home comes our inability as housekeepers to use coöperative measures in buying food, nor can we deny the charge of undue luxury and carelessness by which food, that valuable thing on which the existence of nations depends, is wasted.

Ignorance of the foods themselves and of the method of production means inefficient buying. For instance, by what methods of education are we to persuade the buyer to become really intelligent regarding cold storage, that most valuable of all modern inventions for providing perishable food in fine condition and at fair prices thousands of miles from the place of production and months after the natural season? How many of us know that but 1 per cent of the eggs coming into the large seaboard cities come from near by; that the entire food supply of New York averages a four days' haul by fast freight; that nearly all the butter is made between May and November; that the catch of fish between December and March is so small that only by help of cold storage can the market be supplied in those months? For the housekeeper who requires her fish "fresh caught" in January the dealer thaws it out, and its swift deterioration follows.

What can be done to improve these conditions? The Editor of the JOURNAL promises its readers articles on these topics.

SOY BEAN COOKERY[1]

NELL BEAUBIEN

High prices and the shortage of many of the staple foods make welcome the suggestion that the soy bean, a food heretofore used in America only for feeding stock, may be made into palatable dishes. These legumes are particularly rich in fat and protein, containing an average of 35 per cent of the latter, which is nearly twice the amount present in meat. For this reason, the soy bean may be used not only to take the place of the more expensive white bean, but also of meat and other foods rich in protein.

Unlike the white bean, these lack starch and, therefore, their method of cookery is somewhat different. The addition of a little flour or cornstarch during the cooking gives the liquid surrounding the beans a consistency similar to that produced by the white bean.

Three varieties of the bean, black, green, and yellow are common. All of these may be used. The black and green are particularly good for soup, while the yellow is best adapted for baking. The addition of a few white beans, especially in baking, improves both flavor and consistency. The green soy beans correspond more nearly to the lima in flavor and, hence, are frequently served as a vegetable.

Following are recipes suggesting some of the various ways in which the soy bean may be prepared:

BLACK SOY BEAN SOUP

1 pint black soy beans
2 quarts cold water
1 small onion
2 small stalks celery
1 teaspoonful salt
½ teaspoonful pepper
¼ teaspoonful mustard
2 tablespoonfuls butter
2 tablespoonfuls flour
2 hard boiled eggs
1 lemon

Soak beans over night; in the morning drain, add celery and cold water. Cook four hours or until tender. Cut onion in thin slices and brown slightly in the butter, add flour, seasoning, and bean water and pulp. Reheat to boiling, strain and pour over the egg and lemon which have been cut into slices.

[1] This work was prepared under the direction of Dr. Amy Daniels at the University of Wisconsin.

GREEN SOY BEAN SOUP

1 cup green soy beans
2 tablespoonfuls butter
2 tablespoonfuls flour
1 quart milk
1 teaspoonful salt
¼ teaspoonful pepper

Soak beans twelve hours; drain and cook in water four hours or until tender, then rub through sieve. Brown the chopped onion in the butter, add flour, milk, and bean pulp; boil one minute, stirring constantly; season and serve.

GREEN SOY BEANS

Soak beans at least twelve hours; drain and boil, in enough water to cover, about four hours or until tender. Allow most of the water to evaporate during the cooking. When tender, add butter, salt, pepper and serve.

YELLOW SOY BEAN SOUFFLÉ

1 cup yellow soy beans
2 tablespoonfuls butter
4 tablespoonfuls flour
1 cup milk
1 teaspoonful salt
¼ teaspoonful pepper
2 or 3 eggs

Soak beans and cook in boiling water until tender, about four hours; drain and rub through a strainer. Melt butter, add flour and milk and boil one minute, stirring constantly; add 2 cups of the bean pulp, cool and add the beaten egg yolks and seasoning. Beat the whites of the eggs until stiff and fold into the bean mixture. Put in a buttered baking dish and bake in a moderate oven thirty minutes.

BAKED SOY BEANS

1½ cups yellow soy beans
½ cup white beans
½ cup sugar
½ teaspoonful mustard
1 small onion
¼ pound salt pork

Soak beans twelve hours, put into baking dish in which the salt pork, onion, sugar, and mustard have been placed. Cover with cold water, and cook in a slow oven at least twelve hours. Add water as needed.

Soy beans alone make a palatable dish when baked. In this case two tablespoonfuls of flour should be added with the sugar to give the desired consistency.

THE CARE OF YOUNG CHILDREN

The Children's Bureau is issuing a series of weekly letters on the Care of Young Children. These letters are invaluable to the mother who finds it difficult to get the information she needs.

The first three are on food.

Much of the illness and suffering among babies commonly attributed to the "second summer" or to teething is actually due to errors in feeding. The baby's delicate digestive mechanism, accustomed to dealing only with milk, can not all at once undertake the task of adjustment to a varied diet of solid foods, but must be strengthened by the gradual addition of new foods until the organs are trained to more complicated operations. The safe rule for feeding the baby is to add but one new food at a time to his dietary; to watch carefully the effect of each one and to withdraw it and return to the simpler diet at the first sign of trouble. These rules are particularly important in summer, when a baby is more readily upset.

The following list shows the day's meals for a baby in his second year.

7 a.m. Milk (quart should be used during the twenty-four hours.) Zwieback, toast, or dried bread.

9 a.m. Orange juice.

10 a.m. Cereal (well cooked); cup of milk.

2 p.m. Broth; meat (about 1 tablespoonful scraped or minced), or a soft boiled or coddled egg. Vegetable (such as spinach or tender green beans, strained after cooking.) Baked apple, or prune pulp.

6 p.m. Cereal; milk; toast or bread.

10 p.m. Milk (may be omitted).

At the beginning of the third year more solid food may be added, especially meats[1] and vegetables.

Meats, if used, should be beef, boiled, broiled, or roasted; lamb chops; the white meat of chicken; or delicate fish. All meat should be free from fat, gristle, or bone, and should be finely minced.

Eggs should be soft boiled, coddled, or poached, or soft scrambled,

[1] There is a difference of opinion in regard to the age when meat should first be given, Mrs. Mary Swartz Rose says, "With milk freely supplied and an average of one egg a day, there is no call for the introduction of meat into the diet until after a child is seven years old, and on the other hand, there are several good reasons for withholding it during these early years."—*Feeding the Family*, p. 139.

never fried. The grated or mashed yolk of a very hard boiled egg may sometimes also be used.

Meat broths may be thickened with arrowroot or corn starch, and become a valuable food, especially if milk is added. Well-cooked vegetables, strained and added to warm milk, are not only good foods but serve to teach the child to like vegetables.

Cereals should be thoroughly cooked and served with milk or thin cream and a very small amount of sugar or none.

Bread for a child should be at least two days old. Toast, zwieback, or hard crackers may be given once or twice a day.

Baked potatoes moistened with a little butter, thin cream, beef juice, or platter gravy may be given.

Asparagus tips, spinach, stewed celery, squash, string beans, carrots, young peas, well-cooked and mashed, or strained, are all good, and a small portion of one of these may be a part of the child's dinner each day.

Fruits should be continually used, especially sweet oranges, baked apples, or stewed prunes. The juice or mashed pulp of fresh ripe pears or peaches may be given in the third year, but there is much danger in using overripe or green fruit, as well as in giving too much. It is especially necessary to be careful in hot weather when fresh fruit decays rapidly.

During the fourth year, milk still remains an important part of the child's food. Some children object to drinking milk, but it may be given in the form of bread and milk, milk soups, or milk puddings, or it may be poured over the cereal. The cereal need no longer be strained but must be well cooked. More vegetables and fruits should be used. Eggs, meat, or fish, should be given at least once a day. No nibbling should be permitted between meals. A child should be taught to come to the table with that vigorous appetite for his food which leads to good digestion and assimilation. Young children should not be offered "tastes" of the family meals.

Children should have an abundance of pure cool drinking water.

Never under any circumstances should children be given coffee, tea, or strong cocoa. They should have no highly seasoned or spiced foods, rich pastries, raw vegetables, onions, corn, or cabbage. Bananas and all partly ripened fruit are apt to make trouble.

If children are inclined to be constipated they should have plenty of laxative foods: cereals, particularly oatmeal; the coarser breads, such as graham and whole wheat; fruit or fruit juice, particularly oranges and prunes; and vegetables like string beans, asparagus, and spinach.

MILK AND SKIMMED MILK

HOUSEHOLD ECONOMICS DEPARTMENT, SIMMONS COLLEGE

The price of milk has advanced so much in the last few years that many people regard it as an expensive luxury. As a matter of fact the liberal use of milk, even at its present price, is the best device for reducing the total expenditure for food, provided it is used as it should be, as a substitute for meat, fish, and eggs. It is not overstating the matter to say that the smaller the amount of money which can be expended for food the more important it becomes that a suitable amount of milk shall be used if the diet is to be well-balanced. If the breakfast food is cooked in milk and served with milk, the meal is well-balanced without the use of eggs or meat. If milk is used in the preparation of desserts, such as Indian pudding or cornstarch pudding, or if the vegetable is creamed or scalloped, it is not necessary that meat, eggs, or fish should be served so liberally in the main course at dinner, as is the custom in many families. A soup or chowder serves as a suitable nucleus for the third meal of the day, whether it be lunch or supper.

If all of this is true of milk, it is doubly true of skimmed milk,—a food which merits very serious consideration from the housewife who must reduce expenses. Skimmed milk is poor in fat but it contains all the other valuable constituents which make it a substitute for meat or eggs. Furthermore, if it can be obtained at all it can be purchased at such a low price that it is possible to use it very liberally in the preparation of soups, creamed and scalloped dishes, beverages, desserts, or any dish which is ordinarily made with whole milk. The most advantageous way to buy skimmed milk in Boston is in the eight and a half quart can which may be purchased for twenty-five cents. This is a practical procedure for most families, if the can is divided between two families or perhaps bought every other day. In New York it is against the law to sell skimmed milk. Every effort should be made to bring about the repeal of such laws. Even if skimmed milk is used liberally, whole milk should be bought for the children at least a pint a day for each child.

The following suggestions are given for the use of skimmed (or whole) milk in cream soups, creamed and scalloped dishes, and desserts. These three types have been chosen because they permit of wide variation in flavor. Other common uses for milk are in making cottage cheese, and chowders.

CREAM SOUPS

1 quart skimmed milk	¼ cup flour
¼ cup oleomargarine, butter, or meat fat	2 teaspoonfuls salt

Melt the fat and stir into it the flour. When these are thoroughly mixed, add the cold milk and heat until the flour is cooked, stirring constantly until the milk boils. Onion or other flavor may be added.

This thickened milk may be used as the foundation for any kind of cream of vegetable soup by adding mashed vegetable with enough of the water in which it has been cooked to give the consistency of the thickened milk. A desirable flavor can be obtained with as small a quantity as ½ cup of the vegetable stock and pulp, especially strongly flavored vegetables as onion, cabbage, and turnip. As much as 1 quart of the more delicately flavored vegetables may be used.

If the mixture is beaten thoroughly with an egg beater just before serving, an attractive lightness may be obtained.

Vegetables used in this way may be potatoes, carrots, turnips, onions, cabbage, squash, peas, beans, corn, and tomatoes. Care should be taken not to reheat the tomato soup after the tomato is mixed with the milk.

In preparing fresh vegetables for soup, the uncooked vegetable should be cooked in enough boiling, salted water to cover, and water and vegetables put through a puree sieve before adding it to the milk. It is much better, however, to plan for the soup when the vegetable is served as a vegetable, cooking a little more than is needed for the meal and saving, for the soup, the remaining with the water in which the whole has been cooked.

To this thickened milk may be added ½ cup peanut butter to make peanut soup. Add ½ cup cheese cut in small pieces to make cheese soup.

CREAMED OR SCALLOPED VEGETABLES OR FISH

1 quart skimmed milk	¼ cup flour
½ cup oleomargarine, butter, or meat fat	2 teaspoonfuls salt

Melt the fat and stir into it the flour. When these are thoroughly mixed, add the cold milk and cook until the flour is cooked, stirring constantly until the milk boils. Onion or other flavor may be added.

This thickened milk may be used with any cooked vegetable, fish, meat, macaroni, rice, slices of toast (either whole wheat, graham, or white bread) to make a creamed dish.

The vegetable should be cooked in boiling, salted water and then cut into half inch cubes or small pieces. One quart of the cooked vegetables should be used for the amount given. If the vegetable is hot, the thickened milk may be poured over the food. If the food is a left over, it may be warmed up in the sauce.

Variation of the plain creamed food may be made by melting one-quarter cup of cheese cut in small pieces in the thickened milk. This flavor is good with rice, macaroni, potato, cabbage, or toast.

The creamed food may also be put in a buttered baking dish, covered with buttered crumbs and baked in the oven until the food is hot and the crumbs are browned. This is then called a scalloped vegetable, fish, meat, macaroni, or rice.

BUTTERED CRUMBS

½ cup bread crumbs
1 tablespoonful oleomargarine, butter, or meat fat

Prepare the crumbs by drying stale bread, crushing, and sifting. The crushing may be done by grinding in a food cutter or rolling on a bread board. The sifting may be done with a puree strainer. Melt the fat and pour in the crumbs. Stir until thoroughly mixed.

DESSERTS

For dessert the skimmed milk may be thickened, sweetened, and flavored to make puddings.

The thickening material may be any starchy substance, as flour, cornstarch, cereals, or it may be bread crumbs, eggs, or gelatin. Following are a few examples with variations.

BREAD PUDDING

2 cups stale bread crumbs
1 quart scalded skimmed milk
½ cup sugar
1 egg
½ teaspoonful salt
¼ cup melted butter, or oleomargarine

Soak bread crumbs in milk; add sugar, butter, egg slightly beaten, and spice; bake one hour in buttered pudding-dish in slow oven.

Variations. Melt 2 squares of chocolate and add to it the scalded skimmed milk. [If a teaspoonful of sugar and a little milk or water are slowly stirred into the melted chocolate till it is smooth and glossy there will be less danger of its flaking or separating when the milk is

added to it.] Caramelize 3 tablespoonfuls of sugar; dissolve in hot water to make a syrup and add to the scalded skimmed milk.

RICE PUDDING

1 quart skimmed milk
¼ cup rice
½ teaspoonful salt
¼ cup sugar

Wash rice, mix ingredients, and pour into buttered pudding-dish; bake three hours in very slow oven, stirring three times during the first hour of baking to prevent rice from settling.

Variations. One cup raisins may be added to make *Rice and Raisin Pudding.* Two tablespoonfuls sugar may be caramelized, dissolved in hot water, and added to the milk to make *Caramel Rice Pudding.*

The flavor may be changed and cost reduced by substituting ⅓ cup molasses and ½ teaspoonful cinnamon for the sugar.

CORNSTARCH PUDDING

1 quart skimmed milk, scalded
¼ cup cold skimmed milk
¼ cup cornstarch
½ teaspoonful salt
¼ cup sugar
1 teaspoonful vanilla

Mix cornstarch, sugar, salt, and cold skimmed milk. Add to scalded skimmed milk, stirring constantly until mixture thickens, afterwards occasionally; cook until raw starch taste disappears. Turn into a wet mold and cool. Unmold and serve.

Variations. Melt 2 squares of chocolate and add to the scalded skimmed milk.

Caramelize 3 tablespoonfuls sugar, dissolve in hot water to make a syrup and add to the scalded, skimmed milk.

INDIAN PUDDING

5 cups scalded skimmed milk
½ cup Indian meal
1 teaspoonful salt
1 teaspoonful ginger
½ cup molasses

Pour skimmed milk slowly on meal, cook in double boiler twenty minutes, add molasses, salt, and ginger; pour into buttered pudding-dish and bake two hours in slow oven. Ginger may be omitted.

Variations: One tablespoonful oleomargarine may be added to improve the flavor. Any ground cereal may replace the cornmeal to vary the flavor.

TAPIOCA PUDDING

1 quart skimmed milk
¾ cup tapioca
speck salt
¾ cup sugar

Add tapioca, sugar, salt to the milk and cook until granules are clear and milk is absorbed. If more liquid is needed, add by the tablespoon. Pour into wet molds. Chill, unmold, and serve.

Variations: Two squares of chocolate may be melted and added to the mixture as soon as it is hot.

LEMON MILK SHERBET

1 quart skimmed milk
1 cup lemon juice
½ cup syrup

Combine lemon juice and syrup, and gradually add the milk. If added too rapidly, or without constant stirring, the mixture will have a curdled appearance. Freeze.

Variations: Other sweetened fruit juices may be substituted for the lemon juice and syrup. The taste is a sufficient guide for quantity.

JUNKET

1 quart skimmed milk
½ cup sugar
2 junket tablets
¼ cup cold water
1 teaspoonful vanilla or spice

Heat the milk until lukewarm (not more), add sugar and flavoring; when sugar is dissolved add the tablet dissolved in the cold water. Pour mixture immediately into sherbet cups. Stand in warm room undisturbed until firm like jelly. Cool and serve.

Variations: Three tablespoonfuls sugar may be caramelized, dissolved in hot water, boiled to a thick syrup, cooled, and added to the milk.

One-quarter cup cocoa may be cooked in ¼ cup boiling water, cooled, and added to the milk.

IVORY JELLY

1½ tablespoonfuls granulated gelatin
½ cup cold skimmed milk
2½ cups scalded skimmed milk
½ cup sugar
½ teaspoonful salt
¾ teaspoonful cinnamon

Swell gelatin in cold skimmed milk and dissolve in scalded skimmed milk. Add sugar, salt, and cinnamon. Strain into mold and chill.

STUDENTS' CONTRIBUTIONS

OLD METHODS AND NEW CONDITIONS

JESSIE H. HURD

Indiana University

With not only the other nations but our own country at war, women and children must fight their battles on the farms, in the gardens, and in the kitchens. There is a demand for better, larger, and more economical food production. Not all of this food can be used when it is in season. Some, it is hoped a great portion, must be preserved; yet there will be a great shortage of tin cans this year because of the war, and glass cans have already greatly increased in price. There will be no use in making this the banner year in food production if we can not take care of the food. Here is the problem that women must solve.

The suggestions made here are practical and useful. Nothing is offered that has not been tried and found to work.

Let us divide the discussion into two parts, namely, "Can substitutes," and "Preservation by drying." We know that it is possible to preserve many things by drying, for our fore-fathers knew no other way.

I. CAN SUBSTITUTES

A. Commercial tin cans

The cans we buy at the grocery in which our beans, peas, and corn are canned, or, in other words, all of the cans which have small soldered-on lids may be used again. The lids may be melted off, the cans cleansed, and then resoldered when filled. To remove the lid melt the solder by heating it with a red hot coal or a small, hot iron stove lid. In removing the lid be careful not to bend or nick it in any way. The molasses and Crisco cans and buckets may be reused also. To seal fill the crease between the lid and can with sealing wax.

B. Commercial glass cans and jars

The large cans in which jellies, and preserves of all kinds are put up may be used again by placing a piece of card board and wax paper in the

lid and dipping the tip in melted paraffin after the lid is screwed on, thus excluding all of the air.

The most familiar can of this kind is perhaps the peanut butter jar. The large olive and pickle cans may be used in the same manner. Large earthen jars in which jams, butters, and jellies are put up may also be used. In this case the lids fit as in the cans bought for canning purposes and must be sealed with either sealing wax or paraffin. The writer prefers the sealing wax. Do not try to keep fruit in these earthen jars when the weather is very warm. Can the last fruit in the fall in them and then use these jars first in the winter.

C. Bottles

Fruit juices which we wish to save for mincemeat and jelly-making are very nicely preserved in large narrow necked bottles. The cork must fit the bottle snugly and the whole top be dipped into melted sealing wax. This prevents the air entering the bottle even by means of the air passages in the cork.

To open such a bottle strike the wax near the cork with a small hammer or an iron handled knife. The cork receives the jar of the blow and the neck of the bottle is not injured. When the wax is once started it comes off very easily. Do not try to melt it off with a hot stove lid or even with hot water, for the danger of breaking the bottle is great.

D. Jars

For some purposes large stone jars may be used if covered with an inverted plate which has a smooth round edge and which will just fit into the jar. Seal with sealing wax.

Everyone should save all cans and bottles and either use them or see that they are given or sold to some one who will use them. The government has asked that we can nothing which may be dried, such as lima beans or corn, thus saving the cans for perishable goods.

One large factory has stated that it will sell cans only for perishable foods.

II. PRESERVATION BY DRYING[1]

A. Equipment for drying

For drying in the oven, the oven should be as large as possible and only slightly heated, but enough to prevent the souring of the food.

[1]There are now upon the market several cook stove driers costing about six dollars each.

There should be a rack made of some thin, firm boards such as laths. The laths are nailed at each end and in the middle to another lath. Air spaces are left between each of the laths. The rack should be just large enough to fit the oven. There should be a piece of iron or of tin to keep it from touching the bottom of the oven because of the danger of burning. A horse shoe, a lid from the coffee can, or a meat rack will do. Large dripping pans may also be used as racks. Plenty of clean white paper should be spread on the bottom of the rack.

The contents should be stirred often in order that they may dry more evenly. When the surface of the substance feels dry to the hand the inner parts may still be damp. Remove from the rack, put in a cloth bag and hang behind the stove to finish drying. Never put in a paper bag because the air can not circulate through this, and the dampness will cause the substance to mold.

To prepare these dried foods for the table, soak in warm water in a warm but not hot place for several hours, then boil only a few minutes. Long and hard boiling toughens the vegetables.

Some people put their racks on a metal roof to dry. This is very good and is utilizing nature's forces, but care must be taken to protect the food from flies and to remove the rack from the roof when it is cloudy; otherwise the food is very apt to sour. However, it is perfectly possible to keep it upon the roof when the sun is very bright and warm, then take from the roof to the oven when cloudy and at night.

B. Preparing different kinds of food for drying

Dried pumpkin. Rind, take out the seeds, cut into small pieces, and cook in water until soft; then dry out as much as possible without burning. Spread in rack on a clean paper. Follow directions given above. Be sure not to let it dry in one large flat chunk. It will dry more easily if not left in so large a piece.

Dried corn. Husk, silk, drop in hot water and leave just long enough to scald the milk. Take from the water and cut it from the cob. The writer never bothers to split the grains but there is no objection to doing so. Be sure not to cut any of the cob into the corn. Spread on the rack on clean white paper and follow general directions for drying. Even an ear of corn left over from a meal may be easily dried.

The corn for canning must not be permitted to lie over night, husked or unhusked, but with corn for drying it makes no difference so long as it is not sour.

When preparing this corn for a meal soak for at least three hours in warm water in a warm place but not in a hot one. Boil for not more than ten minutes in the same water. Season with salt, pepper, and a sprinkle of sugar. Make a white sauce or serve with butter. After it is soaked this corn may be used in the same way as any canned or fresh corn.

The main point to be observed is not to hurry the soaking by boiling because this only toughens the corn.

Dried apples. Pare, core, and cut into thin slices. If the applies are dirty wash them before paring but not after. Spread on rack on clean white paper and put into oven to dry. Proceed as in general directions for drying. If a more fancy dish is desired the apples may be cored, strung upon a string, and then hung up to dry.

Some people always string their apples, but in order to do this great care must be taken or the apples will slip too close together and when drying will become heated and sour.

Dried green beans. Wash and drain green beans and cook until half done; drain again and put on rack on clean paper. Proceed according to general directions.

Any plump bean such as "cut shorts" may be gathered when about half ripe and dried without any cooking, and then cooked in the same way as the navy beans.

C. Drying house

This house was used long ago before our fore-mothers had ovens and when there were so many trees that there was no very large available sunshiny place for drying.

It consists of a narrow long room about 6 or 8 feet wide, and 12 to 18 feet long. A heating stove of some sort is located in the middle of the room. Shelves above the level of the stove are built on each side and at the end opposite the door. In this house there are no openings except the door.

The racks are set on the shelves in this house. These foods must be stirred often and the racks turned as often. The house must be hot enough so that the food will dry and not sour. The temperature should be at least 125°F. There is no danger of the food burning in this house. The advantage of the drying house is that the food may be handled in much larger quantities than in the oven.

EDITORIAL

An Agricultural Bill that Should Help Home Economics.—One of the most important bills now before the United States Congress concerns the proposals of the Secretary of Agriculture for increasing production, improving distribution, and promoting conservation of food supplies. These proposals were emphasized by the conferences of agricultural representatives of 32 states held at St. Louis, Mo., April 9 and 10, and of 7 states held at Berkeley, Cal., April 13, and it was requested that additional funds be furnished the Department of Agriculture to carry out its program.

One of the most imperative needs of the Government in dealing with the food situation, both from the standpoint of Congress for purposes of legislation and from that of the executive departments in administering the laws, is adequate power to secure accurate and complete information at all times regarding the food supply.

This power is recommended in the bill. It also recommends

That the Secretary of Agriculture is authorized to take such measures, to use such means, and to employ such existing or additional agencies of the Department of Agriculture, as he finds necessary, to stimulate the production, to promote the conservation and utilization, and to facilitate the distribution of foods.

It asks for coördination between the different departments of the government to avoid duplication of work, and for coöperation with state and local officials, and such public and private agencies or persons as he finds necessary.

The bill also provides

For increasing food production and eliminating waste and promoting conservation of food by educational and demonstrational methods, through county, district, and urban agents and others.

* * * * * * *

For enlarging the informational work of the Department of Agriculture; and printing and distributing emergency leaflets, posters, and other publications requiring quick issue or large editions.

The need for such teaching, great as it always is in normal times, is most urgent in the present emergency when only intelligence in buying and skill in preparing the family food can conserve our resources. It is especially necessary that the family of small income obtain this

knowledge, and it can be given them by means of leaflets written in popular language, through the work of the Visiting Housekeeper, and of public demonstrations. For such work there is at present no provision in cities. When food becomes scarce and high our city population needs such education even more than do people living in the country.

The Secretary of Agriculture asked for an appropriation of about $25,000,000, including the salaries of two new assistant secretaries. The Lever Bill H. R. 4188 calls for $18,510,000.

Every influence should be brought to bear in favor of the passage of this or a similar bill.

NOTICES

The American Home Economics Association will hold a meeting in connection with the National Education Association in Portland, Oregon, Tuesday July 10, 1917, Dean Catharine J. MacKay, Iowa State College, presiding.

MORNING SESSION

Address and Greetings from the American Home Economics Association, Dean Catharine J. MacKay.

Service to be Rendered the Country by Home Economics Teachers, Mrs. Henrietta W. Calvin, Specialist in Home Economics, Bureau of Education, Washington, D. C.

Sequence and Correlation in the Teaching of Home Economics in the Public Schools, Mrs. Ellen P. Dabney, Supervisor of Home Economics, Public Schools, Seattle, Wash.

Scope of Home Economics and Its Subject Matter in University and College Courses, Miss Alice Ravenhill, Professor of Household Economics, Utah Agricultural College.

AFTERNOON SESSION

The value of home demonstration work.
Miss Edith Parrott, State Agent for South Carolina.

What the Association Can Do to Decrease the Death Rate of Children in America, Mrs. Max West, Children's Bureau, Department of Labor, Washington, D. C.

The Influence of the Trained Consumer in Raising Standards, Mrs. Mary Schenck Woolman,
Association Headquarters—Seward Hotel.

NATIONAL CHARITIES AND CORRECTIONS CONFERENCE

Pittsburgh, Pa., June 6–13, 1917

Social Problems of the War, the Family and the Community, Health, Rural Social Problems, Community Programs, all these are topics of distinct interest to home economics workers. They are to be discussed in detail at sectional and general meetings during the National Charities and Corrections Conference in Pittsburgh, June 6–13, and members of the American Home Economics Association are cordially invited to attend.

At the session of the Health Section Dr. Graham Lusk, Miss Lucy H. Gillette, and Dr. C. L. Alsberg will speak on food and nutrition problems. Friday evening, June 8, Mr. Herbert C. Hoover will speak. Special community programs will be given on June 9.

The Social Work Committee of the Association is arranging for a luncheon and round table meeting on June 9. Professor Benjamin R. Andrews of Teachers College will preside at the luncheon, and lead a discussion of "Home Economics in National Service: what can it give? and how?" Among the special speakers are to be Mrs. Mary Hinman Abel of Baltimore and Miss Florence Ward of the U. S. Department of Agriculture, Washington, D. C.

If Association members are unable to attend the entire conference, it is hoped that they may be able to come for this day's meetings which should prove so helpful and stimulating.

GRADUATE FELLOWSHIP IN HOUSEHOLD ADMINISTRATION

The trustees of the Ellen H. Richards Memorial Fund and the University of Chicago jointly offer a graduate fellowship of $500 and tuition, to be used at the University of Chicago during the year 1917–1918. Candidates must hold a bachelor's degree and be equipped to do advanced graduate work in some phase of Household Administration.

Application for this fellowship should be made before August 1, 1917, to the Office of the Graduate Schools, University of Chicago, Illinois.

BOOKS AND LITERATURE

Any book or periodical mentioned in this department may be obtained through the JOURNAL OF HOME ECONOMICS if the Journal price is listed.

The Home and the Family. By HELEN KINNE and ANNA M. COOLEY. New York: The MacMillan Company, 1917, pp. 292. $.80. By mail of the Journal, $.90. (Homemaking Series.)

The authors of this "elementary text book of homemaking" have used very successfully the device of giving adults much instruction and information while appearing to be working mainly to interest the children. This volume is a reader to be used as a supplement with two other volumes by these authors, "Food and Health" and "Clothing and Health."

In five chapters divided into thirty-three lessons, many of the principles of selection of furniture, color schemes, care of the house, care of the baby, division of time and of income, are presented in an interesting way. The authors, in addition, have made the volume in a sense a memorial to Mrs. Ellen H. Richards, and have called attention to many of the intangible elements of home and family life. It is an excellent book for both the school and the home.

ISABEL BEVIER,
Director of Household Science,
University of Illinois.

A Course in House Planning and Furnishing. By CHARLOTTE WAIT CALKINS. Chicago: Scott, Foresman and Company, 1916, pp. 79. $.60. By mail of the Journal, $.68.

In this book we have a definitely organized body of material, dealing with the practical application of art principles to the problems of house planning and furnishing. The topics include: those relating to house exteriors, including architecture, floor plans controlling elevations, garden plans and mechanical perspective; those relating to house interiors, including walls, woodwork, doors, windows, pictures, floor covering, furniture and small objects.

The art principles are presented in three ways, through quotations from artists, through discussion, and through the solution of definite problems. Since the book is written for use by children, one feels, that in connection with each problem there should be a more concise statement of the art principle, which is the rule by which it may be solved.

The application of the art principles is made to practical topics, and in most of the problems, in a practical way. The popular interpretation of the practical application of art principles is that of considering use, durability, cost, including money, time and energy, and a knowledge of trade names as very vital factors modifying selection and arrangement. The author considers use and durability as controlling art principles but the influence of cost and a knowledge of trade names is not developed in connection with each topic.

The discussion of architecture deals with the relation of a building to its site, both in color, contour and material. This is purely from the art view point and leaves the student without a definite vocabulary for applying the appreciation, so gained, to the different types of architecture now in use in America.

This architectural form vocabulary, with the historic names, comes in the solution of the problems of elevations where students make tracings of types of American architecture as determining elevation designs.

The discussions of floor plans and elevations are the most complete and satisfactory topics in the text.

The topics dealing with the problems of interior furnishing are excellently handled. The examples which are presented as the basis for judgment are those to be found in the market today. However, here again is felt the lack of consideration given to practical facts. In planning the furnishing of a room, a knowledge of stock sizes of rugs, wearing qualities, width of curtain material, and cost of various wall treatments is of fundamental importance in buying and arranging.

ETHELWYN MILLER,
Assistant Professor of Household Art, School of Education, Univ. of Chicago.

Letters to a Young Housekeeper. By JANE PRINCE. Boston and New York: Houghton, Mifflin Company, 1917, pp. 168. $1.35. By mail of the Journal, $1.43.

In this group of rather personal letters to an inexperienced young bride, Jane Prince discusses some of the stumbling blocks in the path of a young housekeeper. The particular problems discussed are those which the girl who has been brought up in a well-to-do family with many servants finds when trying to fulfill her duty as the wife of a man of very moderate income.

After dealing very briefly in the first two chapters with the question of economy and the budget, the author devotes the remainder of the book to a discussion of the management and duties of the servant or servants. The attitude of mistress to servant is discussed, and emphasis laid on the fact that duties must be clearly defined, with regular hours and sufficient and definite time out, for the maids. Outlines given for the week's work, for cleaning, for setting table and serving meals, could be followed by the woman doing her own work, although given here for the servant.

One chapter is devoted to the duties of servants in the household employing cook, waitress, and chambermaid, an outline being given for the daily work of each and arrangement for time off for each. The last chapter gives in detail arrangements for serving an elaborate dinner, requiring three servants if there are eight at table, or five servants in case of twelve plates.

These letters are very readable and are suggestive. The writer has evidently learned by experience that a considerable part of the responsibility for the contentment of her servants rests with the mistress. Some of her suggestions might well be followed by more women who employ maids. The book does not claim to contribute anything particularly novel, and touches but one phase of the large problem of household management. It does, however, give to the woman with no training along these lines some idea of system in housework which can be applied by the woman who does her own work as well as by the one who employs a servant.

CHARLOTTE G. BAKER.

Emergency Work for Women, and other War Papers.

Columbia University Mobilization Committee on Women's Work, with Dean Gildersleeve as chairman, have been studying possible openings for women in emergency work, and are preparing leaflets. The first four are: Hospital Service, Elementary Nursing, First Aid and and Surgical Dressings; Emergency Social Service; Agriculture; Emergency Food Service.

Miss Gunther, of Teachers College, has acted as chairman of a sub-committee investigating lines of work for women, with courses being offered for special training.

Information regarding these different lines of work is given out at an Information Bureau, 301 Hall of Philosophy, Columbia University.

The Division of Intelligence and Publicity has published War Papers entitled: Enlistment for the Farm; Mobilize the Country-Home Garden; and Food Preparedness.

The Children's Food, By PROF. MARY S. ROSE of Teachers College, Columbia University, has been written especially for The National Special Aid Society, 259 Fifth Ave., New York City. They are anxious to place it in the hands of every mother, and have made the price as low as possible in order to be of service to the community.

Single copy 5 cents, 100 for $2.50, 500 for $10.00, 1000 for $16.50.

BOOKS RECEIVED

City Milk Supply. By Horatio Newton Parker. New York: McGraw-Hill Book Company, 1917, pp. 493. $5.00. By mail of the Journal, $5.18.

Dressmaking as a Trade for Women in Massachusetts. By May Allinson. Boston: Women's Ed. and Ind. Union, 1916, pp. 180. (Vol. 4 of Studies in Economic Relations of Women). $.80. By mail of the Journal, $.86.

Food and the Principles of Dietetics. By Robert Hutchison. New York: 4th. Ed. 1917, pp. 617. $4.00. By mail of the Journal, $4.18.

Laboratory Guide in Market Milk. By H. E. Ross. New York: Macmillan Company, 1917, pp. 65.

Minimum Cost of Living. By Winifred Stuart Gibbs. New York: Macmillan Company, 1917, pp. 93. $1.00.

Opportunities for Women in Domestic Science. By Mary Francke. Boston: Women's Ed. and Ind. Union. Published by Association of Collegiate Alumnae, 1916, pp. 64. (Vol. 1, pt. 3 of Studies in Economic Relations of Women). $.80. By mail of the Journal, $.85.

PAMPHLETS RECEIVED

The following pamphlets may be obtained from the Editor and Chief of the Division of Publications, United States Department of Agriculture, Washington, D. C., or from the department under which they are published.

Bread and Break Making in the Home. By Caroline L. Hunt and Hannah H. Wessling. U. S. Dept. of Agr., Bul. No. 807, April, 1917, pp. 25.

Experiments in the Determination of the Digestibility of Millets. By C. F. Langworthy and A. D. Holmes. U. S. Dept. of Agr., Bul. No. 525, April 7, 1917, pp. 11.

The Small Vegetable Garden; Suggestions for Utilizing Limited Areas. U. S. Dept. of Agr., Bul. No. 818, April, 1917, pp. 44.

Studies on the Digestibility of Some Animal Fats. By C. F. Langworthy and A. D. Holmes. U. S. Dept. of Agr., Bul. No. 507, March 24, 1917, pp. 20.

Administration of Child Labor Laws. Pt. 2. By Helen L. Sumner and Ethel E. Hanks. U. S. Dept. of Labor, Children's Bureau Pub. No. 17, 1917, pp. 164.

The following pamphlets are issued by the University of Texas, Austin, Texas.

Beautification of Home Grounds. By Mary Heard Ellis. Bul. No. 17, March 20, 1916, pp. 29.

Furnishing and Decoration of a Home. By Fannie A. Sims. Bul. No. 26, May 5, 1916, pp. 25.

Planning of Simple Homes. By Mary Heard Ellis & Raymond Ellis. Bul. No. 39, July 10, 1916, pp. 38.

Simple Course in Home Economics for Rural Schools. By Mary Gearing, Jessie P. Rich, and M. Minerva Lawrence. Bul. 49, Sept. 1916, pp. 162.

What Help the Teacher Can Get from the University Extension Department. Bul. No. 42, July 25, 1916, pp. 8.

The following pamphlets are issued by the Ext. Div. of the University of Wisconsin, Madison, Wis.

Baby Week Campaign, 1917. Serial No. 847, Gen. Ser. No. 641, March, 1917, pp. 37.

Bathing the Baby. By Dr. Dorothy Reed Mendenhall. Serial No. 850, Gen. Ser. No. 644, pp. 6.

Infants' Clothes. By Annabell Turner. Serial No. 851, Gen. Ser. No. 645. pp. 4.
Prenatal Care. By Dr. Dorothy Reed Mendenhall. Serial No. 849, Gen. Ser. No. 643, pp. 8.
Community Music and Drama. Serial No. 843, Gen. Ser. No. 638, February, 1917, pp. 28.

The following pamphlets are issued by the publishers listed.

The Children's Food. By Mary Swartz Rose. New York City: National Special Aid Society, 259 Fifth Ave., 1917, pp. 10. $.05. 100 for $2.50; 500 for $10.00; 1000 for $16.50.

The Dangerous House Fly. Special Bulletin of the Merchants' Association of New York (City), April 1917, pp. 4.

Food. . . . What to Buy, How to Cook It, How to Eat It. By Eugene Lyman Fisk, New York City: Life Extension Institute, 25 West 45 St., c1917, pp. 32. $.10.

Food Economies. Bureau of Public Health Education of the Dept. of Health, City of New York, 139 Center St., 1917, pp. 22.

The Food Garden Primer. National Emergency Food Garden Commission 210-220 Maryland Bldg., Washington, D. C., 1917, pp. 8. $10.00 per thousand.

Keep Well Leaflet. No. 9. Bureau of Public Health Ed. of the Dept. of Health, City of New York, pp. 8.

Greens in the Diet. By Margaret H. Haggart. Kans. State Agr. College Bul. Vol. 1, No. 7, April 15, 1917, pp. 8 (Bibliography).

Lessons in Cooking. Iowa State Teacher's College Extension Service. Ames. Iowa. October 2, 1916, pp. 70 (Bibliography).

Lessons on Sewing. Iowa State Teachers College Extension Service, Ames, Iowa. Sept. 1, 1916, pp. 23.

The Rat Campaign. Bul. of Women's Municipal League of Boston (6 Marlborough St., Boston, Mass.), vol. 8, No. 3, February, 1917, pp. 39.

Thrift—Its Application. Y. M. C. A. New York City: Industrial Dept. of the International Committee, 124 East 28 St., c1917, pp. 16.

BIBLIOGRAPHY OF HOME ECONOMICS

PERIODICAL LITERATURE

Contributions to the Bibliography are welcomed. Please send material to the JOURNAL.

FOODS AND COOKERY

Breakfast Foods and Their Relative Value. G. E. Youngburg, *South Dakota Sta. Bul.* 168 (1916), pp. 447–461.

Rice, as Prepared for Food in Bengal. J. N. Rakshit, *Agr. Jour. India*, 11 (1916), no. 2, pp. 174–198.

Making Light Bread. Addie D. Root, *Univ. Missouri, Col. Agr. Ext. Serv. Circ.* 11 (1916), pp. 11.

[Inspection of Shellfish.] *Maine Sta. Off. Insp.*, 78 (1916), pp. 41–52.

Rye Flour and Rye Bread. E. Braun, *Northwest. Miller*, 108 (1916), no. 8, pp. 513, 514, figs. 7.

Some Tests of Flour Made from Egyptian Wheats. F. Hughes, *Min. Agr. Egypt Tech. and Sci. Serv. Bul.* 10 (1916), pp. 1–9, figs. 5; abs. in Expt. Sta. Rec., 36 (1917), no. 2, pp. 159.

A Method of Making Bread. G. Cornalba, *Bul. Agr. Milan*, 50 (1916), no. 27, p. 1; abs. in Expt. Sta. Rec., 35 (1916), no. 6, p. 555.

PHYSIOLOGY AND NUTRITION

The Nutritive Value of Yeast, Polished Rice, and White Bread, as Determined by Experiments on Man. C. Funk, W. G. Lyle, D. McCaskey, et al., *Jour. Biol. Chem.*, 27 (1916), no. 1, pp. 173–191.

The Nutritive Properties of Corn. A. G. Hogan, *Jour. Biol. Chem.*, 27 (1916), no. 1, pp. 193–208.

The Isolation of a Growth-promoting Substance from Sheep Pancreas. W. H. Eddy, *Jour. Biol. Chem.*, 27 (1916), no. 1, pp. 113–126, figs. 9.

The Study of Certain Dietary Conditions Bearing on the Problem of Growth in Rats. C. Funk and J. Poklop, *Jour. Biol. Chem.*, 27 (1916), no. 1, pp. 1–14, figs. 4.

Pancreatic Diabetes in the Dog. I, The Influence of Alkali and Acid upon the Glycosuria and Hyperglycemia. J. R. Murlin and B. Kramer, *Jour. Biol. Chem.*, 27 (1916), no. 2, pp. 481–498.

Pancreatic Diabetes in the Dog. II, Is the Glucose Retained when Sodium Carbonate is Administered to Depancreatized Dogs Deposited as Glycogen? B. Kramer, J. Marker, and J. R. Murlin, *Jour. Biol. Chem.*, 27 (1916), no. 2, pp. 499–515.

Pancreatic Diabetes in the Dog. III. The Influence of Alkali on the Respiratory Metabolism After Total and Partial Pancreatectomy. J. R. Murlin, B. Kramer, and J. A. Riche, *Jour. Biol. Chem.*, 27 (1916), no. 2, pp. 517–538.

The Metabolism of Sulphur. I, The Relative Elimination of Sulphur and Nitrogen in the Dog in Inanition and Subsequent Feeding. H. B. Lewis, *Jour. Biol. Chem.*, 26 (1916), no. 1, pp. 61–69.

Studies of Urinary and Blood Nitrogen Curves After Feeding in the Dog. O. H. P. Pepper and J. H. Austin, *Proc. Soc. Expt. Biol. and Med.*, 12 (1915), no. 8, pp. 179–181.

Feeding Experiments on the Substitution of Protein by Definite Mixtures of Isolated Amino Acids. H. M. Mitchell, *Jour. Biol. Chem.*, 26 (1916), no. 1, pp. 231–261, figs. 5.

The Digestibility and Utilization of Egg Proteins. W. G. Bateman, *Jour. Biol. Chem.*, 26 (1916), no. 1, pp. 263–291.

The Importance of Vitamins in Relation to Nutrition in Health and Disease. C. Voegtlin, *Jour. Wash. Acad. Sci.*, 6 (1916), no. 16, pp. 575–595.

Some Metabolic Effects of Bathing in the Great Salt Lake. II. Helen I. and H. A. Mattill, *Amer. Jour. Physiol.*, 41 (1916), no. 2, pp. 143–152.

The Energy Metabolism of a Creatin. F. B. Talbot, *Amer. Jour. Diseases Children*, 12 (1916), no. 2, pp. 145–148, fig. 1.

Digestibility of Very Young Veal. C. F. Langworthy and A. D. Holmes, *U. S. Dept. Agr., Jour. Agr. Research*, 6 (1916), no. 16, pp. 577–588.

Digestibility of Hard Palates of Cattle. C. F. Langworthy and A. D. Holmes, *U. S. Dept. Agr., Jour. Agr. Research*, 6 (1916), no. 17, pp. 641–648.

The Rapidity with which Alcohol and Some Sugars May Serve as Nutrient. H. L. Higgins, *Amer. Jour. Physiol.*, 41 (1916), no. 2, pp. 258–265, fig. 1.

The Influence of the Nature of the Diet on the Retention of Protein. N. Umeda, *Biochem. Jour.*, 10 (1916), no. 2, pp. 245–253.

The Protein Metabolism of an Infant. F. B. Talbot and J. L. Gamble, *Amer. Jour. Diseases Children*, 12 (1916), no. 4, pp. 333–344, fig. 1.

Hygiene and Sanitation

The Necessity for Health Standards. D. B. Armstrong, *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 1, 2.

Some Shortcomings of Socio-Sanitary Investigations. Franz Schneider, *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 3–13.

A Survey of Dairy Score Cards. C. E. North, *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 25–39.

Housing Conditions as Factors in the Production of Disease. J. Ford, *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 42–45.

Standard Methods of Bacteriological Analysis of Milk. *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1315–1325.

Improved Technic in Bacterial Air Analysis. W. W. Browne, *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 52, 53, figs. 2.

Final Report of the Committee on Standard Methods for the Examination of Air. *Amer. Jour. Pub. Health*, 7 (1917), no. 1, pp. 54–72, figs. 7.

Psychiatric Clinics in the Schools. J. T. MacCurdy, *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1265–1271.

Bibliography of Tuberculosis. *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1327–1333.

The Relation of Social and Economic Factors to Mental Hygiene. C. M. Campbell, *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1278–1282.

Malaria as a Public Health and Economic Problem in the United States. J. W. Trask, *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1290–1297, fig. 1.

Refuse and Garbage Disposal—A General Survey. L. L. Tribus, *Amer. Jour. Pub. Health*, 6 (1916), no. 12, pp. 1307–1314.

The Suppression of the Drug Vice Considered from the Demand Side. J. F. Chase, *Amer. Jour. Pub. Health*, 6 (1916), no. 8, pp. 814–821.

Storage, Handling, and Sale of Food in Philadelphia. Janice S. R. Lit, *Rpt. Henry Phipps Inst.*, [*Univ. Penn.*], 12 (1916), pp. 9–55, pls. 10, figs. 11.

The Effects of Exposure to Cold upon Experimental Infection of the Respiratory Tract. J. A. Miller and W. C. Noble. *Jour. Expt. Med.*, 24 (1916), no. 3, pp. 223–232.

The Pathological and Therapeutic Bearings of the Elimination of Body Heat. J. B. Nichols, *Med. Rec.* [*N. Y.*] 90 (1916), no. 12, pp. 492–495.

NEWS FROM THE FIELD

SOUTHERN HOME ECONOMICS CONFERENCE

A conference of home economics teachers and extension workers was held at Macon, Ga. March 20–21. The purpose was twofold: (1) To promote acquaintance among the home economics workers of the South and to lay a foundation for more coöperation and greater uniformity of work; and (2) to discuss definitely a few pressing questions, one of the most important being the character and distribution of home economics courses in the schools and colleges and the present repetition and waste when pupils go from one school to another. The home economics meeting was one of the group making up the Southern Conference for Education and Industry, and is deeply indebted to the general secretary, Dr. A. P. Bourland, for his untiring interest and assistance. Representatives from eleven southern states were in attendance.

The program was arranged under five topics.

Topic 1. Home Economics in the High School

Mrs. Henrietta Calvin, specialist in home economics in the United States Bureau of Education, presided.

One of the points developed was that a textbook, even though imperfect, was preferable to dictation and notebook work. It was felt that the notebook work, except where necessary to supplement the accepted text, is a waste of student time and often results in the inaccurate copying of notes and the recording of misleading statements. Criticisms made upon some of the present texts were that they cover thinly too many subjects; that they are written with no definite type of school in mind; that they are padded with recipes and filled with vague statements; that the question of costs is ignored and many statements made as final truths which are still unsettled. All present felt, however, that regardless of these defects textbooks should be adopted and used.

Many teachers are handicapped by too short periods and too infrequent periods for home economics subjects. The conference determined to advocate double periods for laboratory and single periods for recitation; it further decided to urge that three double periods and two single periods be given each week—this or its equivalent in time to constitute a full high school unit.

Miss Anna E. Richardson of the University of Texas gave an address on Home Economics in the University and How the High School May Best Prepare for It. Miss May Hansis of the High School, Birmingham, Ala. spoke on the same topic from the side of the high school under the title, Home Economics as a High School Subject and How the College Course May be Adapted to It.

During the discussion of college entrance credit in home economics the conference went on record as desiring that the content of the high school course in home economics should be decided according to the needs of the high school girl whether or not she expects to go to college, rather than according to what might be most desirable if thought of simply as a college preparatory subject. A request was made by the Southern Association of Secondary Schools and Colleges that the home economics teachers agree upon the amount of entrance

credit they wish granted and clearly define the amount and type of work which will entitle a school to this credit. A committee was appointed to report upon a definite plan for entrance credits, to be submitted at the next meeting.

Topic 2. Home Economics in the Elementary School

A number of special reports were made from different states. Mississippi requires home economics in all consolidated schools. This work begins in the fifth grade and consists of daily lessons in which food study alternates with clothing lessons. Miss Rosser, Supervisor of Home Economics in the schools of Jefferson County, Ala., discussed the possibility of some home economics instruction in the still prevalent one-room rural school, which she described as a "necessary, temporary, tolerated evil."

Miss Katherine Pritchett, Home Demonstration Agent of Maryland, spoke on Home Industries in Rural Schools, giving a number of practical methods of introducing the work with little or no equipment.

Dr. Charles A. McMurry, Professor of Elementary Education at Peabody College, addressed the conference on The Type Study Method as Applied to Home Economics. He showed how, in the elementary school course of study, home economics subjects may become organizing units into which may be gathered a vital, rich, and full content of thought material and culture material closely related to the child's experiences and bound up with them.

Topic 3. Home Economics in the Normal School

Miss Christine N. South, State Normal College, Greensboro, N. C., presided.

Reports were followed by discussion of the relationship of the work in the normal school to that in the elementary and high schools and the colleges; also of the amount of time given in the course to other subjects, especially to education, psychology, and practice teaching. Emphasis was laid upon the need for seeing that teachers adapt their subject matter to the class to be taught, and do not simply pass on to their classes a repetition of their own work in the normal school. On the other hand Mrs. Calvin warned the conference against underestimating the ability of the girl in the upper grades and in high school, saying that one reason for the frivolousness of the high school girl is that she is not given work making sufficient appeal to her real mental ability.

Topic 4. Home Economics in the College and Technical School

Miss Harriet A. Boyer, Sophie Newcomb College, presided.

The topics especially considered in the reports and discussions were: prerequisites of courses, time requirement, related subjects and correlation with related subjects. The danger of specializing too narrowly was emphasized. There must not be so much time given to study of food and clothing that not enough is left for other equally important subjects such as the furnishing, management, and care of the home, sanitation and home nursing, the care of children, the relationship of the home maker to industry and social life. The subject matter of other courses, such as chemistry, biology, fine arts, history, sociology and economics, should be applied and made use of in the home economics classes. The home economics courses also should be correlated with each other, thus eliminating repetition and waste of time on the part of the student and giving the student a grasp of the subject as an organic whole, not as a group of disjointed parts.

On Wednesday, March 21, President Catharine J. MacKay, addressed the assembled conferences on A Vital Factor in Education. A happy chance incident of her address was the fact that from the same platform Representative Hughes had just finished addressing the Conference on Education on the subject of the Smith-Hughes Bill.

Topic 5. Home Demonstration and Extension Work in Home Economics

Mrs. H. H. Merry of the Georgia Federation of Women's Clubs presided.

The Successful Rural Extension Worker,—her Personality and her Training was discussed by Mrs. Jane S. McKimmon,State Agent of North Carolina, and Miss Mary Feminear, Assistant State Agent of Alabama.

The Ways in which Home Demonstration Agents, Home Economics Teachers, Women's Clubs, and School Improvement Associations May Coöperate was the subject for a lively round table discussion in which representatives of each of these groups offered helpful suggestions.

The conference resulted in a permanent organization to be known as The Southern Home Economics Association, and the following officers and committees were elected:

President, Ada M. Field, Peabody College for Teachers, Nashville, Tenn.

Secretary, Marie White, Meredith College, Raleigh, N. C.

Treasurer, Agnes E. Harris, Florida State College for Women, Tallahassee, Fla.

Chairman of Committees. Elementary School, Elizabeth G. Moore, 112 Fourth Street, Louisville, Ky. (City Public School.)

High School, Edith M. Thomas, Hood College, Frederick, Md. (Supervisor Home Economics, Frederick County).

Normal School, Christine N. South, State Normal College, Greenboro, N. C.

College, Harriet A. Boyer, Sophie Newcomb College, New Orleans, La.

Constitution, Catherine A. Mulligan, Converse College, Spartanburg, S. C.

Household Arts Teachers of Chicago. On April 17 the Superintendent of the Chicago Schools called a meeting of the Household Arts teachers to discuss in what manner the department might render assistance in the solution of certain economic problems that confront the city.

After expressing his pleasure in meeting for the first time the entire department, and his surprise that it contained so many members, Mr. Shoop brought vividly before them the serious conditions imposed by the war, and the duty of everyone to assist in this crisis. He emphasized the value of the services that might be rendered by the Household Arts Department, if its efforts were properly organized and directed. Several members of the Board of Education were present and called attention to the opportunity afforded the High Schools to coöperate with the Red Cross work; to the use of Social Centers for lessons and demonstrations; and to the need of individual economies for the sake of the example. The extention of production and the conservation of foods were discussed by Miss Jenny Snow of the Chicago Teacher's College with the suggestion that, since proper containers for canning and preserving would be difficult to procure and very expensive, special attention ought to be given to the various dehydrating processes. She urged the issuing for general distribution of printed matter showing the comparative nutritive value of foods in simple forms; the using to advantage all of the wool material on hand.

The use of cheaper foods, and the methods of the palatable preparation and service of such foods with special reference to the value of the neglected hominy; the avenues, through which the information and suggestions, in the hands of the department, could be made available to those portions of the population most in need of help, such as round tables for the mothers who had leisure to attend such meetings, and for the others the coöperation of the visiting housekeepers, now connected with various charitable institutions; the economic value of foods of small water content, such as several varieties of beans costing ten cents or less a pound; and the possible economies in the selection and preparation of foods

that could be introduced in the homes by the enthusiasm of the pupils, with the suggestion that this might well be encouraged by permitting them to take to their homes from the school any utensils necessary for the proper demonstration of methods of preparation—these were among the subjects discussed by Mrs. Byrud, Mrs. Hubbell, Miss Routh, and other teachers.

Three committees were suggested by Miss Dora Wells, Principal of the Lucy Flower Technical High School, and were appointed by the Superintendent, the first to consider how the production of food may be increased by instruction in the public schools; second, to urge and teach methods of conservation of food, clothing, and other articles of household and general use; and third, to consider and arrange for some organized Red Cross work, or work that should be auxiliary to Red Cross activities in the high schools, that enthusiasm aroused in the girls in the high schools should be directed into some productive effort.

The Dress Procession at the Annual Meeting of the Maryland Federation of Women's Clubs. An afternoon of the two days' meeting had been assigned to the Home Economics Section for the subject of dress, and Miss Helen Louise Johnson had been engaged to speak on the Standardized Street Dress. To precede this lecture a procession was arranged of 31 models wearing costumes to represent the main epochs in the dress of women in the last 300 years. The gowns were loaned for the occasion by those in whose families they were heirlooms. Three very beautiful brocades of the Colonial period and one embroidered muslin Empire gown had been for years on exhibition in the cases of the Smithsonian Institute. It can not be said, however, that the more recent gowns were as highly prized. It was very difficult to even find distinctive specimens of the last thirty years; they had been kept by accident or because of some grotesque or extravagant feature.

The styles seem to have suffered only slight changes during the seventeenth and eighteenth centuries; but with the passing of the Empire gown in 1820, the changes became much more frequent, being quite markedly different each decade from the decade preceding. Under the stimulus of organized business and the growing wealth of the country, changes in the style of dress have become more and more frequent, and have embraced many absurd and extravagant features, as the bustle, the wide sleeves, the trailing gown for the street, the hobble skirt, the excess of trimming (one gown of 1875 having scarcely a square inch not ornamented by bands, tucks, cording, ruffles, or flowers). Since 1900 the changes of style have been yearly and quarter yearly.

This dress procession was explained as it passed by Mr. Raymond Sovey of the Maryland Institute, who was dressed in the striking costume of the French court dandy of the time corresponding to our early Colonial. He assayed to prove that to some extent the style of clothing always expresses the time, as the extravagance of the French aristocrat with utter lack of duties or responsibilities, or the simplicity of republics showing in the so-called Empire gown.

Against this background of the past came Miss Johnson's plea that modern dress, especially for the street, should be less subject to change, standardized to a certain extent as are men's clothes, thus being more suitable for the constantly increasing part that women are taking in the work of the world, and diminishing the outlay for clothing which is now more than the household budget can stand in justice to other demands on it. She explained how these frequent and rapid changes were responsible for making the garment trade a seasonal trade of the most extreme character and what evil its rush times and slack times impose on the worker.

Miss Johnson wore the "Biennial" costume and advocated some modifications of its simple lines to meet the present need.

Home Economics Fellowship. At a meeting of the Baltimore Association for the Promotion of the University Education of Women held in connection with the Maryland Federation of Women's Clubs at Goucher College April 26, it was announced that the 1917–18 fellowship of the Association had been awarded to Miss Anna E. Richardson, Adjunct Professor of Home Economics, University of Texas. Her subject will be physiological chemistry.

This is the second time a home economics student has secured this fellowship, the holder for 1916–17 being Miss Louise McDanell who will receive her Pd.D. in physiological chemistry at Yale in June and has just been appointed Associate Professor of Home Economics at Goucher College.

At Hood College, Frederick, Md., a small group of home economics teachers met for conference and organization, April 28. The State Home Economics Association of Maryland was organized with the following officers: President, Miss Thomas of Hood College; Vice-President, Miss Reeves of Hood College; Secretary, Miss Stevenson of Baltimore; Treasurer, Miss Heyser of Hagerstown. A fee of fifty cents a year was agreed upon and plans were made for a second meeting to be held in Baltimore at the time of the meeting of the State Educational Association.

An address of welcome was given by the President of Hood College and a lecture on the subject "Present Opportunities for Service by Home Economics Women" was given by Mrs. Calvin of the Federal Bureau of Education.

Luncheon was served to the guests by the dietetics class of the home economics department of the college. A committee on county and state courses of study was appointed.

University of Illinois. Some of the seniors in the Household Science Department of the University of Illinois are making preparations to keep in touch with the work in home economics by subscriptions to the JOURNAL OF HOME ECONOMICS. Sixty subscriptions have been taken recently.

The students of the Household Science Department, under the leadership of Omicron Nu and Household Science Club, gave an "open house" on the evening of March 30. Guides were provided to show the guests the equipment of the Woman's Building. A little play entitled, "A Good Dinner," was one form of amusement offered to the guests. The admission fee of ten cents, together with the candy sale, netted the Richards' Memorial Fund eighty-five dollars.

The Department of Household Science entertained the Legislators Friday, April 13, 1917.

The Home Economics Section of the Indiana State Teachers' Association met in a called business meeting in Indianapolis, Saturday, April 14. Forty teachers from various parts of the state attended. Mrs. Alice P. Norton, of Chicago, Secretary of the American Home Economics Association gave a résumé of the work done by the committees of that Association and an inspiring talk upon the new opportunity for greater service to the nation, which war conditions give the home economics teacher. Miss Geraldine Hadley, president of the association, appointed committees for constructive work in the state.

The committee on organization and affiliation with the national Home Economics Association (Mary E. Cammack, Chairman) will make a survey of the state; the Pen and Press Committee (Mabel Wellman, Chairman) will collect material for publication; the committee on exhibits (Frances L. Swain, Chairman), and budgets (Louise Knight, Chairman) will secure information regarding the work done in these subjects; the Legislative Committee (Miss Shank, Chairman) will watch both state and national legislation on matters relating to home economics. A committee on con-

servation of food (Elixabeth Cowan, Chairman) was appointed to coöperate with the State Department of Public Instruction in the circulation of information relating to the economical uses of food. A committee on social work (Mary Ralston, Chairman) was also appointed.

The officers for the year are:

President, Geraldine Hadley, Technical High School, Indianapolis.

Vice-President, Grace L. King, Richmond, Indiana.

Secretary-Treasurer, Elizabeth Bray, Evansville, Indiana.

Representative Councilor, Elizabeth Cowan, Crawfordsville, Indiana.

The Ellen H. Richards Club. In November last Helen Louise Johnson gave in Crawfordsville a talk on Budgets, and the girls of the high school home economics classes were so interested that there seemed need of further discussion of various problems necessarily crowded out of a laboratory course. Sixty girls responded to a call for the formation of an organization to meet once a month. Officers were elected who conduct the meetings by parliamentary rule, and regular programs are given on home, civic, and girl problems. Some latent talent in impromptu speaking has been developed.

Mrs. Richard's name was chosen for the club by unanimous decision, and perhaps this is the kind of tribute she would most appreciate.

Brief Notes The National Board of the Y. W. C. A. is offering, at its New York headquarters, July 6–August 3, a graduate course in Association cafeteria management combining both advanced theory and practice, continuing the short course for house secretaries and lunchroom directors opened in 1914.

Miss Winifred Stuart Gibbs has been asked by the Mechanics Institute, of Rochester, N. Y., in coöperation with the Chamber of Commerce, to found and direct a department of extension work in home and social economics. The scheme of work includes dividing the city into districts and working through a neighborhood association in each district. It is hoped in this neighborhood scheme to rouse and use the community spirit, to make all possible use of every resource in the neighborhood, and to attempt to put each individual home on as sound a basis as possible. This will include careful expense keeping for all income groups, diet work, and studies of cost of living.

Miss Gibbs is hoping to develop her specialty of Home and Social Economics along very broad lines, particularly with independent families. She has lately spoken in Boston for the New England Home Economics Association, and in Providence for the Providence District Nursing Association. Miss Gibbs is President of the Home Economics Association of Greater New York.

The Home Economics Association of Washington, D. C. met February 6. Miss Zirkin gave a lecture on Furs, illustrated with genuine pelts. The talk included valuable points on appearance, cost, ways of manufacturing, and values of furs, and how to take care of them.

The members of the faculty of the State Normal School, Harrisonburg, Va., are enjoying a series of luncheons given to them in groups by the household arts seniors. As a test of their skill in applying what they have learned of domestic economy, four students each week are given $1.75, and, with this amount plan, provide, cook, and serve a luncheon for six persons. The results show remarkable skill in persuading this small sum to cover the cost of a dainty and delicious meal of four courses, especially in these days of soaring prices.

A set of five charts showing the Relative Cost of Equal Portions of Foods, with direction for changes in prices, has been prepared by Dr. Alice Blood of Simmons College. They will be exceedingly valuable either for demonstration lectures or classroom teaching.